



# DECEMBER 2022

## Elementary COLD Lunch

**Nutritional Development Services**  
Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

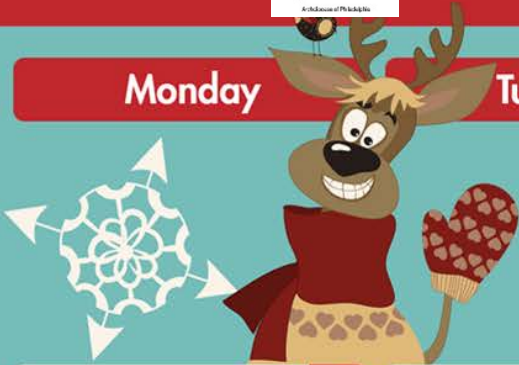
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



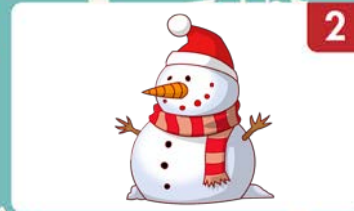
**5**  
Roast Beef & Cheese on Wheat Bread  
Three Bean Salad  
Fresh Fruit  
Mott's Fruit Punch Juice  
Salsa  
Tostitos Scoops  
Milk

**6**  
Roasted Chicken & Tortellini Salad  
Romaine Mix  
Dragon Punch Vegetable Juice  
Mott's Fruit Punch Juice  
Fresh Fruit  
Dinner Roll  
Milk

**7**  
Chicken Salad on Whole Grain Bun  
Diced Tomato Salad  
Fresh Fruit  
Dole Mixed Fruit Cup  
Milk



**8**  
American Cheese Hoagie on a Whole Grain Roll  
Fiesta Corn Salsa  
Bagged Baby Carrots  
Fresh Fruit  
Watermelon Craisins  
Milk



**9**  
Chipotle Turkey Wrap on a Whole Grain Tortilla  
Cucumber Salad  
Fresh Fruit  
Apple Crisps  
Milk

**12**  
Grilled Chicken & Lettuce on a Pretzel Roll  
Corn & Green Bean Salad  
Cherry Star Vegetable Juice  
Fresh Fruit  
Mott's Fruit Punch Juice  
Milk

**13**  
Turkey Ham & Cheese on Wheat Bread  
White Bean Salad  
Fresh Fruit  
Mott's Apple White  
Milk

**14**  
Tuna Salad on Flatbread  
Potato Salad  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Mott's Fruit Punch Juice  
Milk

**15**  
Pizza Protein Pack with Cheese & Sauce  
Bagged Baby Carrots  
Fresh Fruit  
Mott's Apple Juice  
Flatbread  
Milk

**16**  
Chicken Strawberry Salad  
Fresh Spinach  
Wango Mango Vegetable Juice  
Fresh Fruit  
Craisins  
Dinner Roll  
Milk

**19**  
Turkey & Cheese on Wheat Bread  
Black Bean & Corn Salad  
Fresh Fruit  
Mott's Fruit Punch Juice  
Milk

**20**  
Chicken Salad on a Pretzel Roll  
Cole Slaw  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Dole Pineapple Cup  
Milk

**21**  
Southwest Chicken Fajita Wrap on a Whole Grain Tortilla  
Fiesta Corn Salsa  
Fresh Fruit  
Dole Mandarin Orange Cup  
Milk

**22**  
Taco Salas  
Romaine Mix  
Fresh Fruit  
Strawberry Apple Crisps  
Tortilla Chips  
Cinnamon Scooby Snacks  
Milk

**23**  
Chicken Caesar Wrap on a Tortilla  
Carrot Raisin Salad  
Cherry Star Vegetable Juice  
Fresh Fruit  
Watermelon Craisins  
Milk

**January**  
**2**  
Beef Bologna & Cheese on Wheat Bread  
Bagged Baby Carrots  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Dole Mixed Fruit Cup  
Milk

**3**  
Grilled Chicken & Lettuce on a Whole Grain Bun  
Celery Sticks  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Cherry Craisins  
Milk

**4**  
Macaroni Pasta Salad with Tuna  
Fresh Spinach  
Fresh Fruit  
Dole Mandarin Oranges  
Milk

**5**  
American Hoagie on a Whole Grain Roll  
Potato Salad  
Cherry Star Vegetable Juice  
Fresh Fruit  
Mott's Fruit Punch Juice  
Milk

**6**  
Turkey & Cheese on Wheat Bread  
Black Bean & Corn Salad  
Fresh Fruit  
Mott's Fruit Punch Juice  
Milk

**PLEASE READ CAREFULLY.** Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.